

SCHOOL TRAVEL PLANNING 101

WHAT'S SCHOOL TRAVEL PLANNING?

School travel planning (STP) brings school and community partners together to make walking and biking to school the safe and easy choice for kids. It's a process that helps identify and address the reasons why kids aren't walking or cycling to school anymore.

STP is designed to:

- reduce the number of vehicles around schools at drop-off and pick-up times
- improve local air quality
- create safer streets for young pedestrians and cyclists
- increase the number of physically active kids

WHY SHOULD WE CARE?

Chances are you walked to school when you were growing up. But if your kids are like most, they don't do the same today. Statistics show that while 58% of Canadian parents walked to school, only 28% of their kids do so today.

There are a lot of reasons families choose not to walk or bike to school. But the fact is, active travel is one of the easiest ways for our kids to get some of the 60 minutes or more of physical activity they need EVERY day. Less than 15% of Saskatchewan kids meet that guideline and the shift away from active school travel is one of the biggest reasons why.

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TODAY.

TOP 5 REASONS FAMILIES CHOOSE NOT TO WALK

1. LACK OF TIME/CONVENIENCE
2. DISTANCE
3. WEATHER
4. SAFETY CONCERNS
5. TRAFFIC DANGER





WHAT'S HAPPENING IN SASKATCHEWAN?

Several schools and their community partners are working on School Travel Planning. With support from Saskatchewan *in motion*, they're taking steps to understand and address local issues to make their communities more walkable and bikeable.

The changes they're making include things like:

- ensuring crosswalks are clearly marked and sidewalks are cleared of snow
- changing bussing & parking policies to limit congestion in front of schools
- implementing walking buddy systems
- running bike safety programs
- hosting special events and walking promotions

WHY WE LOVE SCHOOL TRAVEL PLANNING

Saskatchewan *in motion*'s mission is to get more kids, more active, more often. School travel planning helps make that happen by bringing together parents, schools and communities to make walking and biking to school the safe and easy choice for kids.

HOW CAN YOU GET THE BALL ROLLING?

1. SPEAK TO YOUR PRINCIPAL ABOUT YOUR CONCERNS.
2. TALK TO YOUR NEIGHBOURS ABOUT WALKING TO SCHOOL.
3. GET SCHOOL TRAVEL PLANNING ON THE SCHOOL COMMUNITY COUNCIL AGENDA.
4. GIVE WALKING TO SCHOOL A TRY! START WITH JUST ONE DAY A WEEK.



GIVE WALKING A TRY!

Visit www.saskatchewaninmotion.ca for more information about school travel planning and walking to school:

- webinars and videos for parents and volunteers
- tips and tools to get you started walking to school
- downloadable tools to help you promote school travel planning

BENEFITS OF STP

INCREASED

- Kids arrive more alert and ready to learn
- Improved health & well-being
- Environmental benefits
- Safer streets
- More active kids

DECREASED

- Bussing costs
- Police & engineering interventions
- Traffic related complaints

